



# YOGA TREE RICHMOND & SPADINA / DECEMBER SCHEDULE

	M	T	W	Th	Fri	Sat	Sun
7:00am	Hot Yoga L1 60m (Jelayna)	Power Flow L1-2 60m (Shirley)	Hot Yoga L1 60m (Caroline F.)	Power Flow L1-2 60m (Shirley)	Hot Yoga L1 60m (Jelayna)	8:30am Power Hour Hot Yoga L1 60m (Michelle F.)	8:30am Power Hour Hot Yoga L1 60m (Katherine)
10:00am	Hot Yoga L1-2 60m (Cheri)		Hot Yoga L1-2 60m (Cheri)		10:30am Detox Hot Yoga L1-2 60m (Sandy)	9:00am Core Flow L1-2 75m (Kaylyn)	9:00am *ECONOMY* Hatha Flow L1 75m (YTT Grad)
11:00am		R. Heat L1 60m (Oliver)		R. Heat L1 60m (Oliver)		10:00am Hot Yoga L1 75m (Jovian)	10:00am Hot Yoga L1 75m (Katherine)
11:45am	Core Yoga L1 60m (Jennifer N.)	Yin Yoga L1 60m (Aaron)	Core Yoga L1-2 60m (Jennifer N.)	Yin Yoga L1 60m (Ali)	Core Yoga L1 -2 60m (Sandy)	10:30am Vinyasa Flow L1-2 75m (Kaylyn)	10:30am Jivamukti L1-2 90m (Vani)
12:15pm	Hot Yoga L1 50m (Farley)	R. Heat L1-2 50m (Meg)	Hot Yoga L1 50m (Farley)	R. Heat L1-2 50m (Cheri)	Hot Yoga L1-2 50m (Kim T.)	11:30am R. Heat L1-2 75m (Jovian)	11:30am R. Heat L2 75m (Farley)
1:00pm	Hatha Flow L1 50m (Ali)	Vinyasa Flow L1-2 50m (Aaron)	Hatha Flow L1 50m (Ali)	Vinyasa Flow L1-2 50m (Ali)	Hatha Flow L1 50m (Heather L.)		
1:15pm	Hot Yoga L1-2 60m (Farley)	R. Heat L1-2 60m (Oliver)	Hot Yoga L1-2 60m (Farley)	R. Heat L1-2 60m (Oliver)	Hot Yoga L1-2 60m (Shaun)	1:00pm R.Heat L1-2 75m (Aaron)	1:00pm R.Heat L1-2 75m (Angela)
4:30pm	R. Heat L1 60m (Jelayna)	R. Heat L1 Yin 60m (Ali)	R. Heat L1 60m (Sandy)	R. Heat Flow & Let Go L1 60m (Caroline S.)	R. Heat L1 60m (Shirley)	1:45pm Beginner's Yoga 75m (Courtney)	1:15pm Restorative L1 75m (Shaun)
4:45pm	Core Yoga L1-2 60m (Cheri)	Vinyasa Flow L1-2 60m (Jelayna)	Core Yoga L1-2 60m (Meg)	Vinyasa Flow L1-2 60m (Jelayna)	Core Yoga L1 60m (Katherine)	2:30pm R. Heat Yin 75m (Aaron)	2:30pm R. Heat Flow in the 6ix 60m (Angela)
5:45pm	Hot Yoga L1-2 60m (Shaun)	R. Heat L1 60m (Andrea)	Hot Yoga L1-2 60m (Sandy)	R. Heat L1 60m (Shirley)	R. Heat Flow In the 6ix L1-2 60m (Meg)	4:15pm Hot Yoga L1-2 75m (Zen)	4:15pm R.Heat L1-2 60m (Caroline F.)
6:00pm	Flow & Let Go L1 75m (Monique)	Ashtanga L1-2 75m (Jonny)	Flow & Let Go L1 75m (Monique)	Ashtanga L1-2 75m (Jonny)	Vinyasa Flow L1-2 60m (Farley)		
7:00pm	Hot Yoga L2 75m (Jovian)	Hot Yoga L1-2 75m (Andrea)	Hot Yoga L2 75m (Jovian)	Hot Yoga L1-2 75m (Caroline F.)	Hot Yoga L2 75m (Jovian)		
7:30pm	Beginner's Yoga 60m (Shannon R.)	Flow in the 6ix 60m (Tara)	Restorative L1 75m (Shannon R.)	Flow in the 6ix 60m (Angela)			
8:45pm	Hot Yoga L1 60m (Jovian)	Hot Yoga L1-2 60m (Zen)	Hot Yoga L1 60m (Jovian)	Hot Yoga L1-2 60m (Zen)			

\*\*\*Schedules are subject to change. For most updated version, please visit our website [www.yogatree.ca](http://www.yogatree.ca).

## CLASS DESCRIPTIONS

For more information on our studio, classes, and instructors please visit our website:

[www.yogatree.ca](http://www.yogatree.ca)

**Hot Yoga.** Conducted at 38 degrees celsius, our hot yoga systematically works the entire body, promoting detoxification and allowing a deeper stretch into the muscle tissues, ligaments, and tendons. Remember to bring a bottle of water and towel to place on the mat.

**Reduced Heat (R.Heat).** Similar to hot yoga, the temperature is set 10 degrees less at 28 celsius. Can be used to prepare for Hot Yoga classes if you are timid to the heat, a beginner to yoga, or have any heart conditions. Remember to bring a bottle of water and towel to place on the mat.

**Ashtanga.** Ashtanga yoga focuses on developing strength and endurance. Level 1 or Ashtanga prep classes are suggested in preparation for a full set of yoga postures. Students move quickly from one pose to another in an effort to build core strength and flexibility.

**Vinyasa Flow.** Vinyasa flow is an active style of yoga, proven to improve strength, cardiovascular health, dynamic and repetitions to open the body. Although the flow is faster in relation to Hatha Flow and Gentle Hatha, proper breathing technique and alignment is practiced.

**Jivamukti.** Jivamukti is a vinyasa style practice and classes can be quite physically intense. Each class has a theme, which is explored through yoga scripture, chanting, meditation, asana, pranayama, and music.

**Core Yoga.** The core is essentially the center of the body. It is a crucial structure and point of energy that provides support, proper posture and physical movement. Core Yoga will help you develop strength, awareness, stability, flexibility and control through a fluid and safe practice.

**Hatha Flow.** In Hatha Flow yoga, students will move in a continuous flow from one posture to the next, combining your breath with movement. Students should be familiar with basic yoga poses, and will leave class feeling energized and rejuvenated.

**Beginner's Yoga.** For new yogis, classes include beginning seated and forward bending postures and passive supported poses for deep relaxation. This class is ongoing and practitioners at any level are always welcome.

**Restorative.** This is a gentle, therapeutic style of yoga that uses props to support the body, deepening the benefits of the poses. It is a soothing and nurturing practice that promotes the effects of conscious relaxation.

**Yin.** Involves deep stretching intended to maintain or improve the functional mobility associated with a balanced and healthy body. Has the added bonus of contributing to the mindfulness necessary for a successful meditation practice.